



Fast Facts

The Bay Area's Best Workplaces for CommutersSM

- In 2004, 139 employers qualified for the third annual Bay Area's Best Workplaces for CommutersSM list. This is a 35 percent increase from the previous year.
- The Bay Area also list includes 3 BWC Districts covering 40,726 employees.
- The 241,423 commuters covered by the 2004 Bay Area's Best Workplaces for CommutersSM list will help reduce 114,512 metric tons of carbon dioxide per year, a reduction equivalent to growing more than 94,000 acres of pine trees for one year.



Local Commuting Facts

- More than 3.3 million people commute each day in the Bay Area, and nearly 70 percent of them drive to work alone. (*Census 2000 Supplementary Survey*)
- The average annual Bay Area traffic delay per capita for 2002 was 73 hours compared to 46 hours nationally. (2004 Urban Mobility Study, Texas Transportation Institute)
- In total, congestion cost the Bay Area \$2.8 billion—\$675 per person—in 2002. (2004 Urban Mobility Study, Texas Transportation Institute)
- The San Francisco-Oakland area is ranked the fourth most congested urban area in the country. (2004 Urban Mobility Study, Texas Transportation Institute)
- More than 11 percent of Bay Area workers commute two hours a day—one hour in each direction. (*Census 2000 Supplementary Survey*)
- Bay Area residents perceive transportation as the second most pressing problem in the region, behind economic issues. (*Bay Area Council's 2003 Quality of Life Survey*)

Health Facts

- Commuters prone to heart attacks face triple the risk of having a heart attack within an hour of being in traffic. (*New England Journal of Medicine*, October 21, 2004)
- Walking two miles a day can reduce your chances of a heart attack by 28 percent. (*Brookes University Health Walks Research*)
- Walking to work gives you a 20 percent less chance of getting breast cancer, a 30 percent less chance of getting heart disease, a 50 percent less chance of diabetes, and would help you live longer and healthier into old age. (*Nurse's Health Study, Archives of Internal Medicine; New England Journal of Medicine*)
- Workers with flexible options—such as telecommuting from home or having alternative work hours—are least likely to leave their companies, have the highest productivity, and enjoy better mental health. (*Families and Work Institute*, 2004)

The Bay Area's Best Workplaces for CommutersSM Coalition

Bay Area Air Quality Management District • Bay Area Council • Metropolitan Transportation Commission
Northern California Chapter of the Association for Commuter Transportation
Northern California Human Resource Association • RIDES for Bay Area Commuters, Inc.
Silicon Valley Manufacturing Group • U.S. Environmental Protection Agency



- 159 million Americans—55 percent of the U.S. population—live where they are exposed to unhealthy levels of ozone air pollution. (*EPA Green Book 2004*)

Air Quality Facts

- Almost 70 percent of the Bay Area's carbon monoxide comes from motor vehicles. (*EPA Region 9; Bay Area Air Quality Management District Emissions Inventory*)
- For 20 to 30 days per year, air pollution levels in the Bay Area violate state and federal health standards. (*BAAQMD Emissions Inventory*)

National Commuting Facts

- The average annual delay per peak-road traveler in 85 urban areas was 46 hours per year in 2002. The total cost of congestion came to \$63.2 billion, which includes wasted time and fuel. (*2004 Urban Mobility Study, Texas Transportation Institute*)
- Nearly 50 percent of workers describe their commutes as unsatisfying or stressful, and 36 percent say they would be willing to take a 10 percent pay cut for a shorter commute. (*HR Magazine Survey, October 2001*)
- Employees with commuter benefits are eight times more likely to use transit than those who don't have them. (*Xylo survey, 2001*)
- Transit usage is currently at an all time high and increased by 6.4 percent in the decade from 1990 to 2000. For every mile traveled, public transportation uses about one half of the fuel consumed by automobiles, and about a third of that used by sport utility vehicles and light trucks. (*American Public Transportation Association, 2003*)

Financial Facts

- The average American household spends 19.1 cents of every dollar on transportation—more than it spends on food. (*Bureau of Labor Statistics, 2003*)
- The average driver spends about 46 cents per mile or more on owning, insuring, maintaining, and driving a car. (*American Automobile Association, 2004*)
- Americans who commute by car or truck spent about \$1,280 per year in 1999. In contrast, those Americans who were able to use public transportation to get to and from work spent just \$765 per year, an annual savings of \$515 per year. (*Bureau of Transportation Statistics, Issue Brief 2003*)

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